

2025-2026 Proposal 19 – Boys Football

Modify By-laws 5.071 and 5.072

Submitted By: Dan Tully, Principal – Niles (Notre Dame College Prep) on behalf of the IHSA Board of Directors

Text of By-law with Proposed Changes

Modify By-law 5.071 – Boys Football Season Limitation

- a. No school belonging to this Association shall organize its Boys Football teams, practice, or participate in interscholastic contests earlier than **Wednesday** of Week **5** or later than Saturday of Week 21 in the IHSA Standardized Calendar.
 - b. A member school may conduct its first interscholastic ~~varsity~~ contest in Boys Football no earlier than Thursday of ~~Week 8~~ **Week 7** in the IHSA Standardized Calendar.
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Text of By-law with Proposed Changes

Modify By-law 5.072 – Boys Football Pre-Season Practice Requirements

A student shall become eligible to participate in an interscholastic contest in Boys Football after completing a minimum of 1 1/2 hours of actual field practice on **twelve (12)** ~~nine (9)~~ different days excluding Sunday and any day on which the student actually plays in an interscholastic football contest. ***A student who is returning from military service will only be required to complete ten (10) days of practice prior to the first contest.*** These practices must be conducted in accordance with Association By-laws.

Summary of Proposed Changes

Moves the start date of football practice to Wednesday of Week 5 of the IHSA Standardized calendar and reinstates the former language in IHSA By-law 5.072 to require football players to complete twelve (12) days of 1 ½ hours of actual field practice before playing in an interscholastic football contest. Reinstates the language permitting ten (10) days of practice prior to the first contest when a student is returning from military service.

Rationale of the submitter

The IHSA Sports Medicine Advisory Committee (SMAC) along with IHSA legal counsel believe this modification in the practice start date and returning to twelve (12) days of practice before competing in a contest are in the best interests of the safety of students and member schools.